

GROUNDCOVER

NEWS AND SOLUTIONS FROM THE GROUND UP

FEBRUARY 2011

VOLUME TWO • ISSUE ONE

Earning a living one can at a time

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GROUNDCOVER NEWS MISSION:

Groundcover News exists to create opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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by Rev. Dr. Martha Brunell Pastor
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I sit down to write this column on the weekend of January 16. Back in September 2010, the Ann Arbor City Council passed a resolution to "affirm its commitment to the full rights and dignity for people of all religions and those who are nonreligious" through the establishment of Religious Freedom Day on this weekend. The intent was that this would be "a time to learn about different faith traditions and to foster respect for religious diversity."

There are books of careful research and scholarship about the similarities from tradition to tradition regarding the fundamentals of what we value and hope to practice. Today I write about a particular reality in the Christian tradition that I find is pertinent to us all. In the two



Susan Beckett
Publisher

I read Faith Ringgold's children's book about Martin Luther King, Jr. to my kindergarten class. In the story, Dr. King invites us all to trade our bags of prejudice, hate, ignorance, violence and fear for bags filled with hope, love, joy, acceptance and peace. So many positive developments around Groundcover have led me naturally to follow that suggestion.

Those of you who have followed our vendor James' story will share my delight that he is now matriculated at WCC, eagerly attending classes and doing homework. He has gotten a bed in a room at the Delonis Center where he can safely store his books when he is not using them. Once he has acquired all his books, a laptop and the necessities of student life, he will start searching for an efficiency apartment to live in. He is so happy and hopeful, being around him I feel my bundle of hope swelling, too.

Many Groundcover vendors enjoyed the holidays with family but those who worked those days were warmly embraced by those of you they encountered. They are replete with stories of your generosity, welcoming and good wishes.

On these bitterly cold days, being welcomed into houses of worship and shopping areas are true godsends. My gratitude bundle grows with each new invitation, three as of today. Our office

testaments of our sacred scripture, there is one verse repeated more than any other. Three hundred and sixty-six times, once for each day of the year, even on a leap year, this verse appears, in varied forms: *Be not afraid*. Be not afraid — the frequency of its occurrence points toward the prevalence of fear both in ancient biblical cultures and in our culture today. Quaker writer Parker Palmer has made a helpful observation about fear. Palmer reminds us there are numerous things we are wise to fear. The distinction he makes is between having fears and being fearful. Burdened with multiple fears, it is not difficult to move from having fears to becoming fear. Be not afraid is about resisting too much identification of who we are with what we fear.

There are plenty of fears wrapped up in the reality of homelessness in Ann Arbor and Washtenaw County. Some of us are concerned that we will never have a home of our own again. In difficult economic times, others worry about being a paycheck

Filling my bags with hope

has also proven a haven for vendors as they stop by to warm up. A donated computer and printer now enable us to conduct business at the office and also check email, research and type articles, pursue mainstream employment opportunities, and do some basic computer literacy teaching and practice for those who need it.

Nineteen people attended our January volunteer meeting, full of enthusiasm, ideas and committed action. We also celebrated the birth of the son of one of our vendors. Note that, as bundles of fellowship and goodwill grow, they get lighter. Our next volunteer meeting will be Wednesday, February 9 and we are co-sponsoring a writer's workshop on March 26. Please join us if you are so inclined. (See the website, groundcovernews.com for a list of upcoming events.)

On the global good news front, vaccines are now available for pneumococcal pneumonia and diarrhea, the cause of one-third of the deaths of children under five. Vaccination rates for other childhood killers like measles and whooping cough have risen from 66% in 2000 to 79% today, resulting in five million saved children, so far. Despite population increases, the number of children dying from malnutrition and preventable diseases has dropped from 40,000 per day in 1980 to 20,000 per day today.

Be Not Afraid

or two away from losing a home themselves. If we are in no apparent danger of being without a home, we could find ourselves fearful that we aren't doing enough to address this issue with our neighbors.

Whether secure or insecure about our housing, we may fear that the overall situation won't improve anytime soon, if ever. And then there is the perennial fear of not doing anything that will make a significant difference in an enormous issue.

Patricia Polacco, a prolific and beloved Michigan children's author, has a book titled Thunder Cake. It is a story about a grandmother, her granddaughter, and a scary thunder and lightning storm. The wisdom of the story lies in not allowing fear to shrink our lives and figuring out a way to keep creating even when we are tempted to give fear the upper hand.

Groundcover provides all of us together a strategy for not becoming our fears. Each

Nicaragua vaccinated all their children last year and a worldwide effort is underway to vaccinate the children of Africa and other vulnerable populations. The Global Alliance for Vaccines and Immunizations, GAVI, is looking for \$100 million from the U.S. in 2012 and hopes to have that committed before the replenishment conference in London this summer, when it will try to leverage that money to secure donations from the rest of the developed world.

GAVI predicts that with \$3.7 billion in funding between now and 2015, it can complete the vaccination of Third World children in time to meet the Millennium Development Goal (MDG) of reducing child and maternal mortality by half. The system used to deliver vaccines will become a general health delivery system. The prime minister of Rwanda stated that vaccination programs are the platform for all child and women's health programs.

Programs like GAVI and the work of the Gates Foundation blaze a path to a day when the daily holocaust of needless child deaths will end. On that day, sings poet Federico Garcia Lorca, "... there will be the greatest spiritual explosion the world has ever known. Humanity cannot imagine the joy that will burst into the world on the day of that great revolution."

I cherish the thought that I might see that day.

issue enlarges life for us. Our experience with and our understanding of homelessness are becoming broader and deeper. We are also learning about the microeconomics of a paper like this. Groundcover is fueled by the creativity of a growing community of people. The Groundcover community embraces people identified with different religious traditions and with no religious tradition. Homelessness has its share of legitimate fears. We are fortunate that in a few short months, Groundcover has emerged and is evolving into a vibrant opportunity. It is an opportunity for people to work together to make something happen, for vendors to get on their feet again with a steady income, for fears to be recognized, and for all of us to challenge fears' power.

Groundcover is an effective antidote whenever we are overwhelmed by homelessness in Ann Arbor and Washtenaw County. In every line of Groundcover text, there is a common subtext, "Be not afraid!"

Veterans should never be sleeping in the streets

by Christopher Alexander

We've all been there. You're on your way to or from work or perhaps doing a bit of shopping downtown and there he is. The sign is nearly always the same; "Homeless Vet. Please Help. God Bless." If we reflect on it for even an instant it's heartbreaking. Here's a real life hero reduced to relying on handouts from strangers. Most of us look away because it seems we're overwhelmed by the magnitude of the problem.

Robert is an Ann Arbor veteran who found himself on the streets relying on VA for assistance after substance abuse led to housing issues three years ago. Robert was drafted into the Army in 1973 and remained a soldier for six years. He is among the 70 percent of homeless veterans that struggle with substance abuse. Drinking and drugs are clearly a problem among those who've served.

"In 2004 I bottomed out," Robert said. "I had a good job in Houston. I was down there for three years. I was a regional sales director, responsible for five states. I did well. I had an apartment the company paid for. The company paid for the phone, the car, everything and a great check. But I was basically a functioning drunk."

Military veterans make up around 25 percent of the homeless population, but just 10 percent of American adults are veterans. While the number of veterans living on our streets has dropped by 18 percent over the last year, on any typical night in America there are still around 107,000 veterans without a place to sleep.

Ann Arbor is home to one of the 153 hospitals operated by the U.S. Department of Veterans Affairs. Last year, VA spent more than \$3.2 billion on homelessness. Around \$535 million was spent on costs completely unrelated to veteran's healthcare. Veterans Affairs spends more on combating homelessness than any other government agency in America and 2011 budget is expected to see another 10 percent increase.

A little more than one year ago Secretary of Veterans Affairs Eric Shinseki unveiled a plan to eliminate homelessness among veterans. In November, 2009 Shinseki said, "I'm personally committed to ending homelessness among veterans within the next five years. Those who served this nation as veterans should never find



An all too familiar sight - a homeless veteran begging for food
(photo by John Sartin)

themselves on the streets, living without care and without hope. It takes the resolve to say: It is unacceptable for a single veteran to spend the night on the streets of America."

Things fell apart for Robert when after eight years of sobriety he began to drink again in 2002. "I thought I had the alcohol licked," he said. "I had a few beers with some friends and just went right back to the same old thing. Before long I was drinking a liter of vodka per day, drinking from morning till night. I just hit bottom."

"I came back to Ann Arbor in 2007," he said. "That was basically when I had nothing and I began couch surfing at friends' homes for awhile." Robert eventually landed at Ann Arbor's homeless shelter, the Delonis Center. It was there that an outreach worker from Veterans Affairs found him.

"I didn't know at all that I had any benefits," Robert said. "I thought that I had to apply within a certain amount of time after I got out. The first time that I ever went to a VA hospital was after I became homeless. At the time I needed food, I needed coins for the bus and clothes. Whatever I needed, it was just there for me."

Awareness is clearly an issue with VA services. Last June the department took action by setting up a 24 hour homeless veteran's assistance call center- 1-877-4AID VET.

The hotline of the new National Call Center for Homeless Veterans will provide homeless veterans with caring, timely assis-

tance and coordinated access to VA and community services," Secretary Shinseki said during the hotline's unveiling.

As recently as November, the VA public affairs office has rolled out substantial new campaigns to educate veterans and the community about services and eligibility.

"VA is taking steps to reach out to veterans and their families with a television ad campaign, a new VA blog, and other social media initiatives, and outreach teams traveling throughout rural communities," a department spokesperson said. "The goal is to let veterans and their families know what services they are eligible for and how to access them."

Jason is another Ann Arbor Army vet who didn't know he was eligible for help from Veterans Affairs. While he said he doesn't struggle with substance abuse, he's had difficulties maintaining a residence for nearly five years and has spent the time crisscrossing the country.

"A veteran here in Ann Arbor told me about the VA," Jason said. "A guy I met at the shelter and I was waiting at the transit center for the library to open. He started telling me what he was doing at the VA. So I'm saying, 'Well, I'm a vet, how do you do that?' That was the first time I dealt with the VA since I left the Army in 1997."

The Ann Arbor VA is home to a vocational rehabilitation program that tries to provide jobs for qualified veterans. Both Robert and Jason have participated in the Compensated Work Therapy program. In some areas CWT is popularly referred to as Veterans Industries.

"They put the Vets to work in the hospital for four months," Robert said. "That gets those people back in the work realm. CWT is a very big part of recovery for me. It gave me the confidence back to believe that I'm a person that's worth something again."

Robert's supervisors were impressed by his dedication and he's been offered a full time position at the Ann Arbor VA. He said he plans to take the job. Jason said that he'll use the money he'll earn in CWT to travel to Wyoming this spring in hopes of landing a job as a welder on a pipeline.

"This is what I don't understand, and I hope we can get across to people," Robert said. "I'll see somebody on the street who'll say, 'I'm a homeless vet,' and I don't understand that."

"Unless they just refuse to put down the drugs or alcohol, there's help for anyone. There's nothing that somebody can do if they refuse to put down the drugs or alcohol. But for those that really want to help themselves, there are more tools than I ever imagined."

Groundcover Vendors Code of Conduct

While Groundcover News is a nonprofit organization, and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

of Groundcover News.

- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.
- I agree to treat all customers, staff, and other vendors, respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

If you see any Groundcover News vendors not abiding by the code of conduct, please report the activity to: contact@groundcovernews.com

Street newspapers gaining momentum worldwide

by Marquise Williams

Across the world, street newspapers sales are sky rocketing; a 10% increase in street newspapers globally, with a 34% increase in North America alone. This surge is a sort of outlier and opposing gradient to the trend of decline in print news. Maybe it's the creative content or the humble purpose. Whatever the case, it is an inspiring realization for the many street newspapers, who aspire daily to provide a medium for community expression, social action, and financial stability for area homeless communities, to have such a growing readership.

For many, this old trade is a new niche for those seeking to have their often silenced voices heard. For others, this novel use of the common newspaper is an opportunity

"Every week we have more people who want to sell papers and at least one a week sticks with it."

- Susan Beckett

Groundcover Publisher

to gain money for the essentials of life many of us take for granted.

This year, in fact just in September, 10 new papers were launched, encompassing 24

languages, all around the world. The concept for a street newspaper is simple; homeless vendors buy newspapers at given price and sell the papers at a higher, but reasonable price, keeping the proceeds. However, a project of this sort also requires industrious administrators, volunteers, and writers who provide vendors optimal support and quality. Possibly, that very quality mentioned above is the common attribute in nations from America to Austria, from South Africa to Brazil, who have achieved a successful, self-supporting print news source of this kind.

Groundcover, Washtenaw County's local street newspaper, has not been lagging behind. In November, it experienced its first sell-out of papers, due much to the zeal and ingenuity of its vendors. Susan Beckett, its publisher, said in response to the overall success of street newspapers that, "Every week we have more people who want to sell papers and at least one a week sticks with it. Our readership is up, too. We sold out our most recent issue in just two weeks! Street papers are springing up in other cities, too. I was just contacted by a group in Hartford, Conn., which is looking for some guidance in starting up a paper there." Groundcover also thanks its volunteers, and especially, its readership, who care about the cause and enjoy the content enough to buy the paper regularly.



The original group of volunteers for *Groundcover*. The number of volunteers and vendors has about tripled since the first organizational meeting last spring.



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- 9:00 am ~ Confirmation Class
- 10:00 am ~ Church School
- 10:00 am ~ Young Adult Forum
- 11:30 am ~ Youth Fellowship

Upcoming Events:

- February 5 ~ Saturday Worship/ Winterfest/ and Game Night ~ 5:15 pm
- February 13 ~ New Member Class ~ 11:15 am
- February 13 ~ Sunday Brunch ~ 11:30 am
- February 18 ~ Sauerkraut Supper ~ 6:00 pm
- February 20 ~ Weenie Sunday ~ 11:15 am

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After Arizona: Local messages for mental healthcare

by Andrew Nixon

The tragic shooting in Tucson on January 8th shined a bright spotlight on the issue of mental illness in our society.

Intense political debate has ensued concerning reforms to the current mental healthcare system. The overall picture, however, seems clear. "The plain truth is that America's mental healthcare system is horribly broken and horribly underfunded," said Robert Bernstein, Executive Director of Washington, D.C.-based Bazelon Center for Mental Health Law, in a recent press statement.

Michigan is no exception. Our state's mental healthcare system is clearly strained. In 2009, Michigan's system received a "D" grade in a report issued by the National Alliance on Mental Illness (NAMI), down from a "C" in 2006. The NAMI report points out that, while Michigan's Medicaid program provides an array of essential mental health services, mental healthcare options for those who are not eligible for Medicaid "are often very limited, difficult to access, and crisis-driven."

Governor Rick Snyder has stressed the importance of adequate funding for mental health services, stating that budgets have already been slashed too much. But with a \$1.8 billion budget shortfall, the state is under pressure to cut revenue sharing to local communities, endangering continued funding for existing programs.

The Affordable Care Act, signed into law by President Obama last March, will expand mental healthcare coverage by 2014, by requiring insurance companies to treat mental health coverage as an "essential health benefit." In the meantime, however, "there is a strong possibility that people are going to have a harder time getting care," says Bob Nassauer, secretary of National Alliance on Mental Illness (NAMI) Washtenaw County.

Here in Washtenaw County, as throughout the state and nation, the mental healthcare situation is a mixture of good news and not-so-good news.

The county is home to an estimated 42,000 people with a diagnosable mental illness, based on data supplied by the Washtenaw County Public Health Department. Of those, only one in four are currently receiving professional care for their illness. That amounts to about 30,000 individuals in this county living untreated. As a result, many of these people inevitably will struggle in their personal lives, experiencing unemployment, broken relationships, homelessness, and even trouble with the legal system.

There are several organizations in Washtenaw County working together to provide help. **Community Support and Treatment Services (CSTS)**, run by the County, offers a range of services to adults with serious mental illness. These services include the Project Outreach Team (PORT), a group of staff dedicated to reaching out to mentally ill persons who are homeless and/or are involved with the justice system. The **University of Michigan Depression Center** is one of the nation's leading institutes dedicated to depression research, treatment, and advocacy. The **St. Joseph Mercy Health System** provides a complete range of mental health services for children and adults at several locations throughout the county. **Packard Health**, in conjunction with the Washtenaw Community Health Organization, sponsors a mental health treatment program that is nationally recognized for its cutting-edge "integrated care" approach. And the **National Alliance on Mental Illness (NAMI) Washtenaw County**, the local affiliate chapter of the country's largest grassroots mental health advocacy organization, provides support, education, and advocacy resources, including a community newsletter and Facebook page.

With all of these services available, one has to wonder why so many individuals with mental illness in the area still go untreated.

There are several contributing factors. One of these is the ongoing challenge of making resources known and understood. Many individuals simply may not know that help exists, or specifically where to go for that help. Recognizing this obstacle, Washtenaw County and the University of Michigan have teamed up to create **Health Services Access**, a "central entry point for all Washtenaw County Medicaid-eligible individuals requesting mental health and/or substance abuse information and services." This affiliation simplifies the process for finding help, providing a single telephone hotline number that connects individuals to the community resources that can best help them.

But availability of resources and ease of access still do not guarantee that everyone in need of mental healthcare will take advantage of it. Enter challenge number two: the stigma associated with mental illness. Our society's stereotype of the mentally ill – perfectly captured in the kooky grin of Tucson shooting suspect Jared Loughner in a widely-circulated photo – broadcasts a clear message to anyone struggling with mental health: *You're not one of us.* The shame and fear usually associated with admitting that you or a loved one may be mentally ill is enough to discourage just about anyone from seeking help. Moreover, common prejudices about mental illness can lead to various forms of discrimination,

prompting many "to avoid working, socializing, and living with people who have a mental disorder," according to the NAMI website.

Community officials are working hard to combat this harmful stereotyping. One outstanding local effort to challenge the stigma and discrimination around mental illness is the **Michigan Prevents Prodromal Progression (M3P)** program, a joint effort between local and state organizations funded by the Robert Wood Johnson Foundation. Launched in 2008 and lasting through this year, M3P offers outreach programs for schools aimed at raising awareness about mental health issues.

The program also provides early intervention services, offering free screenings and consultations to at-risk individuals between the ages of 12 and 25. Research results from this and similar initiatives suggest that by being proactive in dealing with mental illness, communities can often prevent mental health issues from arising in the first place, reducing the need for costly and sometimes problematic late-stage crisis services.

Mental health programs in Washtenaw County like M3P and integrated care hold great potential for helping to treat the mentally ill and raising public awareness about mental health issues. Getting the appropriate help, and feeling the support of one's community, can make a world of difference. "Treatment works," says Nassauer. "People with brain disorders can and do live recovering and fulfilling lives."

But the effectiveness of any mental healthcare system – however comprehensive – depends largely on adequate funding. In Arizona, drastic budget cuts to basic mental health services have been at least implicitly blamed by some for creating the circumstances that led to the Tucson shooting. Now Michigan faces similar budgetary challenges. If our local mental healthcare system is to retain and bolster its many strengths, ultimately state lawmakers will have to make financing it a priority. As Nassauer says, "effective mental healthcare requires financial investment, but make no mistake: it is an investment – saving far more money in the long run. It saves in terms of court cases and jail time, and it keeps people out of unemployment. And, of course, it saves lives."

For more information on mental health services and resources available in Washtenaw County, call **Health Services Access** at 1-800-440-7548 (24 hours a day, 7 days a week), or contact one of the following organizations directly:

Washtenaw County Community Support and Treatment Services (CSTS) – general services for mental health and substance abuse
800-440-7548
www.ewashtenaw.org/csts

Michigan Prevents Prodromal Progression (M3P) – mental health education and screening resources
734-434-2630
www.preventmentalillnessmi.org

National Alliance on Mental Illness (NAMI) Washtenaw County – mental health support, education, and advocacy resources
734-994-6611
www.namiwc.org (Facebook: NAMI of Washtenaw County)

Packard Health System – adult mental health services
East Ann Arbor: 734-971-1073 West Ann Arbor: 734-926-4900
www.packardhealth.org

PORT
110 N. Fourth Avenue
Ann Arbor, MI 48107-8645
734-222-3750

St. Joseph Mercy Health System – mental health services for individuals of all ages
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www.sjmercyhealth.org/behavioralhealth

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www.depressioncenter.org

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State of Michigan seizes Vendor Ike's assets

by Susan Beckett

Articulate, intelligent, ambitious and engaging, you might remember Ike from the article he wrote about the Delonis Center in an earlier issue; or you might know Ike from Bethlehem UCC where he sells Groundcover on Sundays; or you might have met him on the street near Kerrytown, the downtown post office or Main Street. Ike likes to move around when he works.

Michigan has always been his home, except for a three-year stint in the army. Born in Romulus, he grew up riding his bike around, listening to music, and playing basketball and football at the neighborhood park. He was a small, quiet kid, wrestling at the 75-pound weight in middle school. High school brought a growth spurt and Ike became outgoing. He had a lot of fun in high school but left without a degree.

As a teen, he worked at the Metro Airport Sheraton washing dishes. After a couple of years he set his sights on playing college football, so he got his GED and applied to Eastern Michigan University. He was accepted but did not make the football team. He studied criminal justice and volunteered with the athletic program for a couple of semesters while playing special teams and defense, cornerback and safety, for a nearby semi-pro football.

Overwhelmed by financial problems, he left EMU and got a part-time job at Powerhouse Fitness Gym. He continued playing football for a couple more years and looked for full-time work. He eventually found a job as an airport limousine driver, then as a delivery person for an alcohol distributor. Dissatisfied with jobs leading nowhere, he joined the military, thinking it offered promise for the future.

With no skills or education, he was assigned to a tank battalion. He learned to drive the tank, load ammunition and fire, and spent most of the next three years riding in a tank through desolate areas in South Korea.

"The noise inside a tank is loud enough to give you a heart attack," Ike said. "The tank jumps three inches off the ground when you fire."

He preferred loading and firing to driving, even though the ammunition was thigh high, weighed 50 pounds and could do serious damage to fingers.

"They made me drive through water one day and we almost drowned. The driver will be the first to drown if you go in a lake or something."

One rainy day, he slipped as he climbed out of the tank and broke his ankle. After numerous surgeries, he received a medical discharge and returned to Michigan.

"They did not uphold their deal, honor their contract. It's nothing new to me. They let me down."

— Vendor Ike, recalling how the G.I. bill didn't cover his student expenses in addition to tuition, as promised

Though he received no useful training in the army, he won a yellow ribbon for applying and paying into a fund that qualified him for the G.I. bill. When he tried to return to college, he learned that there were insufficient funds to cover living expenses in addition to tuition, even though that had been part of the promise.

"They did not uphold their deal, honor their contract. It's nothing new to me. They let me down," Ike said, when pressed. He does not like to complain or stress about things. He did attend WCC for a couple of semesters, first in criminal justice and then in a dental hygiene program. In between, he continued looking for full-time employment but has not even gotten an interview since leaving the military.

He would like to return to college sometime to become either a dental hygienist or a cyber cop.

"It's kind of bleak right now. It's a bumpy road and it stays that way."

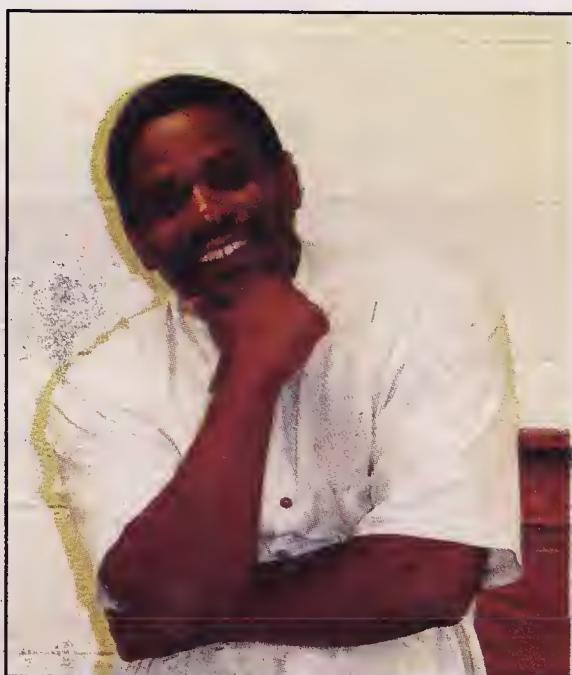
This fall it looked like things were going to turn around for him. He was working hard

selling Groundcover and doing well enough to start saving. Anticipating winter, he looked into portable kiosks and was investigating the possibility of getting a small business loan for himself and other vendors so they could keep working in bad weather.

He composed a rap song about selling the paper and got interested in the greeting card business. He put together a prototype and a collection of ideas and jingles, contacted printers about pricing, got a DBA for his business and set up a business bank account. Soon after, he received a notice from his bank that the state had seized his assets.

Months later, he has still not received anything in writing that explains the emptying of his bank accounts. With no money for a lawyer, he sees no way to fix this. Most discouraging of all, there is no point in starting over.

Ike always keeps going and his indomitable optimism will surface again. Warmer weather, a good night's sleep, and he'll leave his blues behind. He will put those finishing touches on the poem he started writing for Groundcover long ago. But how will he rebuild his life?



Vendor Ike, wearing his familiar smile

Upcoming Events for Groundcover

Volunteer Meeting
7:00pm Wednesday,
Feb. 9 Bethlehem UCC
Gallery Rm
423 S. 4th Ave.

Writer's Workshop
"Telling our Stories"
Saturday, March, 26
Time and place TBA
Updates will be posted
on the website:

www.groundcovernews.com

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WHEN LIBERTY AWOKE IN WASHTEENAW COUNTY

A Salute to Local Leaders in the Woman's Suffrage Movement

by Jeanine DeLay and Linda Fitzgerald

"She had never had anything take hold of her so strongly, and...it had indicated to her a new way in which to be of service to the world."

—Anonymous young woman as described in the Ypsilanti Daily Press, on joining the suffrage movement

It took more than 70 years of courage, conflict and creative strategies for American women to win the vote. That epic struggle, known as Woman's Suffrage, culminated in 1920 with the passage of the Nineteenth Amendment. (A year earlier, in a special election, Michigan's male voters had finally granted women the right to vote.)

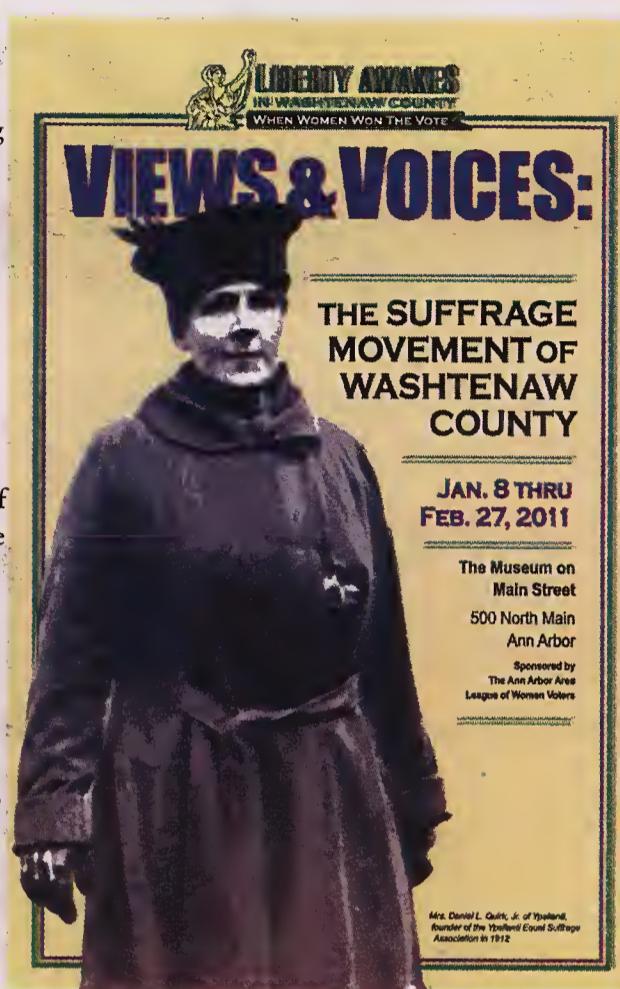
The battle for equal voting rights ignited a raging debate about the role of women in a democracy. It also led to the rise of national suffrage organizations such as the National American Woman Suffrage Association and the Congressional Union.

Here in Washtenaw County, suffragists banded together to organize groups and educate the public. Many of these local leaders have gone unrecognized—until now.

The records available to us are meager and incomplete. Even so, we do know something about the women and men of Washtenaw County who stood for suffrage. Here, we offer brief introductions to a handful of "local heroes" who fought for the cause and lived long enough to witness both the suffrage victory in Michigan and the later triumph of the Nineteenth Amendment.

Miss Jennie Buell

Living on a farm near Ann Arbor for most of her 82 years, Jennie Buell was a passionate champion for improving the conditions of rural life in Michigan. That passion led her to a long and distinguished career with the Grange movement, an organization dedicated to the well being of farmers. Among all the farmers' groups in



Michigan, the Grange was the first to support suffrage—a fact that was due, in large part, to Miss Buell's role in getting the 1912 suffrage referendum on the ballot. Later, in her capacity as the Grange's statewide lecturer, she traveled for the cause, delivering lectures on suffrage throughout the state. Following passage of the Nineteenth Amendment, she served as one of the first local presidents of the newly formed League of Women Voters, an outgrowth of the national suffrage movement.

Miss Mary Hinsdale

Born and raised in Ann Arbor, Mary Hinsdale followed in the footsteps of her father—a University of Michigan professor—and became an academic, spending much of her teaching career at Grand Rapids Junior College. Given her scholarly focus on history and political science, it's hardly surprising that she became interested in woman's voting rights. Miss Hinsdale joined the suffrage movement while serving on the faculty of the Michigan State Normal College (now EMU), was elected to a leadership position in the Ann Arbor Equal Suffrage Association, and became a sought-after lecturer at women's clubs around the county. After the passage of suffrage, she

was appointed to the American Education Commission, a group that inspected schools overseas.

Mrs. Maria Peel

In 1910, when she attended the first meeting of the Ann Arbor Equal Suffrage Association, Maria Peel was a 49-year-old widow employed as an insurance agent. A few years later, she became Ann Arbor's first policewoman. From newspaper accounts of the time, we know that she was a member of several women's groups, including the Ann Arbor Woman's Christian Temperance Union. As official suffrage reporter for these organizations, she was able to lobby for the cause, though she must have been disappointed when the majority of her fellow Ann Arbor Woman's Club members voted against public endorsement of suffrage at their annual 1910 meeting. Happily, the influential club ultimately reversed its position on suffrage. After passage of the Nineteenth Amendment, Mrs. Peel capped her career with more local "firsts" for women: serving as county truant officer, juvenile probation

officer and friend of the court.

Mrs. V.C. Vaughan

Like many faculty wives, Mrs. V.C. Vaughan was involved in several campus groups dedicated to helping new female students acclimate to life at the University of Michigan. While she was most visible in her role as the wife of prominent male suffragist Dr. V.C. Vaughan, she also co-founded the University of Michigan Equal Suffrage Club in 1911. One year later, that organization merged with the Ann Arbor Equal Suffrage Association. Mrs. Vaughan was regularly mentioned in local newspaper accounts as a congenial woman who opened her home to many suffrage gatherings.

Miss Estelle Downing

Like most local suffragists, Estelle Downing was native born (Romulus), middle class and well educated. In 1912, at the age of 37, she helped found the Equal Suffrage League at Michigan State Normal College, see SOLDIERS, p. 10

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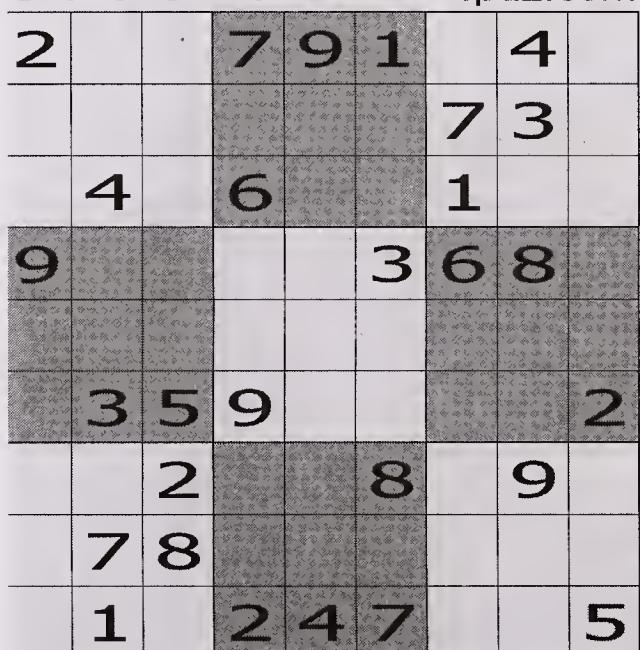
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PUZZLES

Sudoku ★★★★☆ 4puz.com



Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Cryptoquotes

Figure out the encryption code to solve the puzzle

"X CUO'H ODDC OURUCQ HU SXBD PD FUPDHNXOS.

UVDO HND CUUA KOC X'GG SDH XH PQFDGI."

-TKPDF RAUEO

Groundcover Wish List

- Microsoft Office 2007
 - memory stick
 - few Ethernet cables
- a network hub or router
 - computer mouse
 - printer paper
 - nametags
- printable nametags and business cards
 - Nametag holders
 - laminating pouches
 - digital camera
 - printer/scanner
 - powerful computer
 - laptop computers

ACROSS

1. Examine merchandise
5. Purloin
10. Black ash
14. Detroit Tigers player and broadcaster
15. Mythological monster
16. Character on *Heroes*
17. Two-dimensional measurement
18. Rommel
19. Ardent enthusiasm
20. Felons Parker and Barrow
23. Secrets of the Millionaire Mind author
24. Woman, informally
25. Permits
29. Student's home away from home
31. Musicians Clarke, Miller and Wooten, collectively
34. Near-sighted one
35. Festival
36. _____ down, Vermont music festival
37. Stars of To Hove and Hove Not
40. Village in England
41. Assists
42. "_____ Dance," Gene Kelly dance number
43. Director Howard
44. Type of hammer
45. Egyptian goddess of love
46. Bind
47. Mimic
49. Aphrodite's priestess and her lover
56. Object of worship
57. Pertaining to the ankle
58. Press
60. 1981 Amanda Lear song
61. Legal pronouncement
62. Ballot
63. Wild animals' homes
64. Medicine quantities
65. On a boat

DOWN

1. Jamaican music genre
2. Parsley, sage, rosemary, or thyme
3. Margarine
4. Course of action
5. Arabian leaders
6. _____ Oil, Oregon petroleum products distributor
7. Royalty and a commoner
8. Internet address managers (abbr.)
9. Unlawful real estate seizure
10. Outer layer
11. Slick, in a way
12. Toward the mouth
13. Mono-pitched sound
21. More recent
22. Machine part
25. Dark yellow
26. Machida
27. Boston airport
28. Gem
30. Automobile industry pioneer
31. Scythe handle
32. Musical direction
33. Phonetics term
35. Mother Earth

36. Robert Burns or Alexander Fleming
 38. Skillful
 39. Larry Storch role
 44. Government agency (abbr.)
 45. Card game
 46. Rings
 48. Tranquility
 49. Went (archaic)
 50. Boundary
 51. Horse
 52. Pedestal part
 53. Singing star
 54. Greek god of love
 55. Repetition
 59. Government agency (abbr.)
- Puzzle by Jeff Richmond

Valentines in history and myth

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56					57						58			59
60					61						62			
63					64						65			

solutions on page 11

Constancy - prose by Karen Totten

"Believe in a love that is being stored up for you like an inheritance, and have faith that in this love there is a strength and a blessing so large that you can travel as far as you wish without having to step outside it."

—Rainer Maria Rilke,
Letters to A Young Poet

You were the most charming suitor. Our first date, you invited me for dinner. You served warmed up leftovers, ham and corn, on pretty china, at a table set with flowers and linens in the family room of your parents' home. During our courtship you offered oddly amusing gifts—the ear from a teddy bear with a quote from Van Gogh attached—"I have . . . a terrible need. . . shall I say the word? . . . of religion." Then I go out at night and paint the stars." And a box of items you had been saving for years—bottle tops, ticket stubs to concerts, matchbook covers, your box of discarded things. Not useless you felt, if someone took the time to keep them. To remind you that people's lives don't really fit into boxes, and no one is useless.

Ideas. So many ideas. And tenderness. And an unaffected confidence that didn't try to simply seduce me. You caught me off guard.

Intimacy is a prerequisite for my happiness. Of course, that includes romance, but long-lasting intimacy is sustained by everyday actions, embedded in shared narrative. Habits of temperament. Habits of mood. I recognize the faces you make when you talk on the phone to your friend Steve. I can identify your steps on the cellar stairs, how to calm you, what will cheer you. And how you sip coffee off the rim of the cup. We have accumulated theses indexes of each other's texture, so that we need not identify them aloud in order to respond, but can float from moment to moment in the stream of our combined lives.

Here you are at 50, still a young man, still funny and fun. I wonder how we will be at 65, or 70. Perhaps I have already become a caretaker. Every day the ravages of disease redesign the structure of our moments together—you lean into the wall as you walk the hallway, to keep continued on p. 9

HOMELESSNESS IN THE GHETTO

by Michael K. Linton, I

Wrong choices or mistakes, what is it we can do?
 Physically unable, mentally unstable, God sees us through
 When there's nowhere to go, and no one to turn to, I know to call on Jesus,
 He'll come to my rescue
 When I'm battered and worn from stress and strife
 And to the point that I'm through living this kind of life
 My brother can't help, it's clearly in his voice
 Keep my faith in God, there is no greater choice.
 Some of us want a hand up, not a hand out
 Self sufficient, mentally and financially is what we're all about
 Don't keep bringing us fish, show us how to do
 The cleaning, frying and eating,
 I know what to do
 I can teach two, and they can too, and so on
 Remembering in prayer those without the will to go on
 Others don't want to go any farther than they are
 Don't give up on them, as God hasn't with us thus far
 Homeless in the ghetto, at times it seems there's no one to care
 Don't know what I've done to get here; but, many of us live in anger or fear
 What seems to me a lot, to the rich it's a little, but appreciatively we share
 We work to the sweat of our brow, like the Bible said we would
 For us in need, it's not about greed, but to have done all we could.
 Homeless in the ghetto, at times is a rock hard life,
 (But our hope is in Jesus, who made the ultimate sacrifice])

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Same Kind of Different as Me

by Ron Hall and
Denver Moore

reviewed by Gina Daniels-Reed
Vineyard Church

Same Kind of Different as Me is a powerful account of what can happen when the command to love thy neighbor as thyself is synchronized with divine providence, service, and dedication.

You will be astounded by the results as you read the amazing stories of two men who are on the opposite end of the spectrum in terms of race, class, and socioeconomic background.

Denver Moore, a former modern day share cropper, turned homeless drifter with a reputation for violence, meets and forms an unbreakable bond with Ron Hall, an educated, upscale art dealer who is urged by his wife, Debbie Hall, to serve at a homeless ministry in the inner city. The impact of



Ron Hall and Denver Moore, co-authors of a book about unlikely friendships found with faith

their relationship causes a ripple effect that transforms a community. What impressed me the most about this account is Deborah Hall's fierce dedication to the service call God placed on her life. Deborah recognized Denver from a dream God had given her before she actually met

him. Once she spotted him at the mission, she was determined to lavish him with the agape love his broken soul so desperately needed. Denver was spiritually transformed as a result. Deborah's gift of discernment enabled her to see past his rough exterior directly into his brokenness. Even after her death, she came to Denver while he spent the night at her home and reassured him that he was welcome!

After reading this joint autobiography, you will feel inspired to move out of your comfort zone, knowing that it is possible to shape the lives of others for the better. You will also realize that we all have something to offer if given the chance.

Constancy

continued from page 8

you traveling forward instead of weaving side to side. I see loss of stamina and strength, how you tackle a task with gusto for 15 minutes, then lapse into a mental fog or need to retire to the couch for a rest. I touch your arm to reassure you; you flinch—the pain is constant and even the lightest touch simply hurts. Your logic is bending; sometimes your conclusions jump into a stream of absurd, this from a man who has a Vulcan history of approach to ideas. We plan our days around your prime hours of functioning, usually morning. I drive, because you have double vision.

And yet, we still have moments of plain ordinariness. Simple time. You set plates on the table for dinner. I read to you from the newspaper or a poem I have recently written. Younger lovers mistake the everyday life as mundane, a death knell of love. I see how you tend to me, brush my hair at night before sleep and I could never tire of it, never tire of retelling in the semi-dark of evening each day's small events, of these hours together and the constancy of what they bring.

Soldiers in petticoats – the suffragist movement in Washtenaw County

continued from p. 7

of 37, she helped found the Equal Suffrage League at Michigan State Normal College, where she was an English instructor.

Throughout her long teaching career, she championed women's rights and was widely regarded as the most compelling of the area's suffrage speakers, a role that took her to all corners of the county—from the streets of Ypsilanti to rural church pulpits. As mentor to a new generation of suffrage activists, Miss Downing encouraged students to participate in campus groups such as the Lincoln Club, where suffrage was often formally debated. After the 1920 vote, she became the first woman to serve on the Ypsilanti City Council. Eastern Michigan University's Downing Hall is named for her.

Miss Jessie Phelps

Born in Pontiac, Jessie Phelps earned advanced degrees in science from the University of Michigan and was among the first wave of females admitted to the prestigious University of Freiburg in Germany. In 1912,



Jesse Phelps, one of the county's leading suffragists

when she co-founded the Michigan State Normal College Equal Suffrage League with Estelle Downing, she was a well-established professor of science. Miss Phelps was also a multi-talented suffragist who coordinated production of literature, arranged venues for gatherings, and served as a liaison for local newspapers. An elected officer of several county suffrage associations, Miss Phelps may have been motivated by the notion that "the woman's vote" would improve public health. She later became one of the first to advocate sex hygiene training for schoolteachers. Phelps Hall at Eastern Michigan University, where she taught for 41 years, is named in her honor.

Mrs. Daniel Quirk, Jr.

Born into an old and well-connected Detroit family, Julia Trowbridge Quirk initially became involved with suffrage through women's club work, notably the Ypsilanti Ladies' Literary club. After marrying Daniel Quirk, Jr., she moved to Ypsilanti, where his family's paper milling company and other business interests were already well established. Mrs. Quirk was 32 years old in 1912, when she founded the Ypsilanti Equal Suffrage Association. A woman of exceptional managerial skills, she installed a canvassing system based on wards similar to that used by major political parties for getting out the vote. She knew how to influence Ypsilanti

audiences, in some cases by inviting pastors to speak on behalf of suffrage. Mrs. Quirk was one of many suffragists remembered for her war service work on behalf of the Red Cross. She was also mother-in-law to G. Mennen "Soapy" Williams, Michigan's 41st governor and member of the Michigan Supreme Court.

For a more detailed look at the fascinating history of suffrage in Washtenaw County, check out the current exhibit at Ann Arbor's Museum on Main Street, 500 N. Main, (734) 662-9092. "Liberty Awakes" will be on display through February 28. Open every day from noon to 4 p.m.

Jeanine DeLay is a former teacher and the president of A2Ethics.org.

Linda Fitzgerald is the owner of Fitzgerald Communications, an Ann Arbor-based firm specializing in content development and project management.

Photos courtesy Zoe Behnke Collection, Bentley Historical Library, University of Michigan; Michigan State Grange Archives, Roland B. Winter, Historian; Bentley Historical Library, University of Michigan; and the Ypsilanti Historical Society Archives, Ypsilanti Michigan

AND A NOD TO WASHTENAW COUNTY'S MALE SUFFRAGISTS

Several professors from Washtenaw County's colleges were suffrage advocates, among them A.S. Warthin, U-M professor of pathology, and Samuel Laird, professor of psychology and pedagogy at the Normal College.

The most visible male suffragists, however, were college leaders: P.R. Cleary, founder of Cleary College; Charles McKenny, president of the Normal College; and Victor C. Vaughan, dean of U-M Medical School. These three men helped the local suffrage cause primarily by making college buildings available to suffrage speakers, using their influence to secure effective speakers and taking a public stance in favor of the cause.

Victor C. Vaughan took his involvement one step further by founding the Washtenaw Equal Suffrage Association. Likewise, P.R. Cleary and Charles McKenny provided suffrage with a constant stream of good press. Using their influence, the two men recruited what some regarded as the most effective suffrage speakers of the day—people from countries such as New Zealand and states such as Colorado, where suffrage was law and where women had been voting for a long period of time.

Cash by the Dime

by James Manning

Can collecting, canning, can-dogging has been an alternative for making cash to the impoverished in Michigan for as long as bottle returns have existed. With our current lack of employment it has grown to a widespread practice. No matter what situation a person finds themselves in, money is always necessary, whether or not it is available. Canning may not be the perfect solution for financial strife, but it is still a form of income that, to many, can't be passed up.

In some situations it is quite profitable. The ever popular tradition of tailgating during game days has had a significant impact on those who turn to bottle returns for income. One could make over a hundred dollars during a home game if they take the initiative! And that's appealing to more than the homeless community. People have been known to can on game days just to pay off rent, insurance, car payments - you name it. If you could make a hundred dollars in less than twelve hours would you take up the offer?



Photos (including cover photo) by Christopher Alexander

Joe Green is a junior at U-M. During December's Big Chill hockey face-off at the Big House against the Spartans, Green struggled under the weight of three overstuffed black trash bags filled with beer cans.

"I know they all look down their noses at me for picking up cans," Green said about other students. "But it doesn't mean a thing to me because I left more than a thousand dollars' worth lying on the ground back there. I just couldn't carry more."

I have canned on these glorious days of profit myself and have discovered it is totally worth the effort. On top of the rewards of the labor, this also spreads homeless awareness. It seems that society itself is open to the homeless during these days, giving a chance to socialize and for a few hours leave the burden of street life behind them. This is very important because, too often, those who live such lives seem to be locked out, so to speak, from the rest of mainstream society.

It's not only game day that canning is profitable. Some do this task every day. I have always admired the persistence with which these people labor for the reward of simple comforts. Do what you gotta do to get by, seems to be the code of street life. Since most employers are disinclined to hire such people, returning cans is the obvious alternative.

Ever hear the expression "nothing in life is free"? How could anyone expect to survive with absolutely no income? You simply

can't. We all as humans have an instinct of survival and can collecting to get by is one of many demonstrations of that will.

This practice will continue for as long as bottle returns are accepted. Even donations have been organized through can collecting. Washtenaw County Project Outreach Team (PORT) has conducted can drives to fund their street soccer team. And all and all, despite the humiliation collectors go through, the scrutinizing glares of those who would never consider such labor and never stop to think that this is another cycle of life, it's a cycle for the best. Recycling helps the environment by preserving resources and removing litter. It isn't often that people stop to think that can collectors are aiding this cause.

Can collectors should be proud of what they are doing because they are contributing more than some realize. This practice removes the term worthless. Worthless by definition cannot possibly define what can collectors are.

A banker with a heart of gold

by Martin Stolzenberg

There is a frequently cited axiom that "sports builds character." However, we are increasingly disappointed when there is another headline or website posting of a star athlete who has broken the rules of society.

Rest assured, there are character builders out there. They lead by example of how to be a decent human being without moralizing.

Here in the Ann Arbor office of Stifel Nicolaus, Rex Stanczak makes a living as a vice-president of investments. But like Clark Kent, Rex changes in a mythical telephone booth, donning sweat clothes, sneakers, a whistle and ball cap to turn into 'Coach Stanczak.' In this guise he is varsity coach for Men's Basketball at Pioneer High School.

Rex knows that his players are unlikely to go to the pros. What they learn is teamwork, dedication, discipline and fairness. These can benefit them beyond basketball down the road on whatever path they travel.

He was a legendary player here at Gabriel Richard High School, where he was one of the top scorers in school history. Rex went

on to play and star at Carleton College in Minnesota, a Division III school.

Yelling at a player for a mistake does not happen. Rex will never embarrass a player by taking them out of a game for a poor play. When pointing out deficiencies to the group, Rex is always addressing the team collectively, not any one individual.

He puts in the time preparing like a college coach. At the start of the season, each player is given a playbook bigger than the Ann Arbor telephone directory.

"After all, this is Ann Arbor, the home of the University of Michigan. These kids' parents may be professors or doctors. They should be able to learn the system," Rex said.

Rex's teams are characterized by a disciplined style of play. Practices start exactly on time. Besides running countless plays that Rex features, there is ample time for scrimmaging, the fun part. His top four or five reserves rotate in with the first team so they get accustomed to playing with the starters.

Rex is always in touch with their families. He will call or visit if there are problems at home or with grades.

With all the hard, rigorous work, it is

surprising at the end of the season at the Awards Dinners to hear so many players say how they loved coming to practice every day with Rex and their teammates.

Rex works hard to help his players get into desirable colleges. He will send out hundreds of e-mails and make countless calls to help his players get into the right school. His best players have played at Division III schools.

It's no surprise that Pioneer wins a lot of games. In the five years Rex has been coaching, the team has won over 75 percent of its games. This is without having the most gifted athletes.

Rex was voted Division I Coach of the Year in Michigan, when the team made the Final Four of the state championship in 2007. He won the Southeastern Division Red championship in which Pioneer has competed for four straight years. Before Pioneer, he coached for 15 years at other schools around the state. Rex consistently produced winning teams with many division championships.

How he does it all is a mystery. On top of all that, he is first and foremost a husband



Rex Stanczak coaching his basketball team

to Lisa and a daddy to his daughters, Lana and Kit. Rex is the one that makes sure the girls are dressed and have breakfast before he drives them to school. A family event is the only reason that Rex will reschedule a practice.

Any parent whose son is on the Pioneer basketball team should know that their child is in good hands with this coach who re-enters a telephone booth and comes out again as a financial investor. They learn a lot more than basketball from this man; they learn lessons for a lifetime.

D's T-Time

by Danielle Mack

Well, here it is a new year. Thank you so much for your continued support of the paper and homeless community. Every little bit helps. I hope everyone had a great holiday season. I know I had a great holiday.

All sorts of great things have been going on for me just this month. It is like the heavens are planning to flood me with treasures beyond measure this new year. For more detail on me personally, please do check out my web page, daniellemack.org. I converted my web site from its role of promoting me as a candidate for the District 10 County Commissioner seat in the Democratic primary elections last year to a web page for you, my readers, to catch up on back

issues of D's T-Time. You can see the story as I intended it. Sometimes I forget things, sometimes an important piece gets edited out due to one reason or another. Each back issue also has some notes from me on some of the behind the scenes stuff associated with that particular column. You can also see a bit of www.story on me as an author, what I am doing, and what is going on in my life right now.

Male-to-Female

Now we come to my own personal situation, and the one part of all this that I am most familiar with, the Male-to-Female, or trans woman. While things may be harder for the trans woman than the trans man as far as blending in from the beginning, the end product is noted to be much more aesthetically pleasing by both trans men and women. A great many

things are the same for the trans woman as for the trans man just reversed.

With trans women ALWAYS, ALWAYS, ALWAYS, use female pronouns! If you want an enemy instead of a friend, by all means go ahead and use the wrong pronoun by calling her a him. The quote, "Hell hath no fury like a woman scorned," comes to mind. Don't be surprised if you get a slap across the face or a high heel permanently implanted on your body somewhere. Personally, I prefer to ignore ignorant, disrespectful people that get this wrong. Also we are not men. Asking us if we are is just as disrespectful as getting the pronoun wrong.

I have been informed that calling a trans woman (who is on hormones) anything other than a woman, is not even legally

correct in the state of Michigan. By recent Michigan law any transgendered person that has been on HRT (Hormone Replacement Therapy) for a certain amount of time, is legally considered by the state to be the gender they are transitioning into. Please be respectful of this. If you are privileged enough know someone who is transitioning, DO NOT ADVERTISE! Anytime you tell someone about a trans person without their permission you are "outing" them and your mouth could be the cause of rape, assault, beating, hate crime, or murder being committed against them, making you just as guilty. Please be careful with that information about a person. Once a person has been "diagnosed"

continued on p. 12

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Puzzle solutions

from page 8

Cryptoquotes

Solution: "I don't need nobody to give me something. Open the door and I'll get it myself."

- James Brown

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6	7	8	3	5	9	2	1	4
3	1	9	2	4	7	8	6	5

Street BUZZ

It's all about the joy now

Ann Arbor's new dance band is living for the moment

by Phil Hannuksela

"We want to be a real dance band, not just pull out a Mac." That's Jacob Sayaf of *Ann Arbor's Greatest Hits*, a new Ann Arbor band that is "all about joy now." The lyrics to their own compositions are smart and fun, yet they neither tip-toe around nor highlight the weight in life. In their songs it all just goes roaring on. "We love the life of freedom here in the U.S., and are glad to have 'melted into the pot,'" they said. There is an effusion of playing. Tight vocal and instrumental harmonies drive their bluesy folk-rock compositions as well as their cover numbers, such as "Blue Moon of Kentucky" (a Bill Monroe original). In their own "To the Dogs or Who-

ever," there is "Heard somebody call in the dark," which starts the number as a nice slower two-step, giving way to a faster but still very danceable pace as the lyrics go to "Joan of Arc in a whale... and Casey at bat." In their "Devil in a Railroad Car," nimble blues changes bring the song to a jam-up with "Papa Was a Rolling Stone" as we're informed "my father was a porn star."

The band performed at open-mic night at the Ark in December. They think they'll be there again in February. Their YouTube page, of course, doesn't give a really good idea, but you still can tell these guys are good.



From left to right: Vijay Ratajan on bass; Alex Patten on ukulele (who says "People wait for happiness to fall down from above."); Jacob Sayaf, leader and (along with others) vocals, writing; Jay Freydenlund, acoustic; and Ken Ball, lead and engineer—THAT GUITAR IS HANDMADE!

This is music that's always doing something interesting, so be sure to hear

Ann Arbor's Greatest Hits when you get the opportunity.

D's T~Time

continued from p. 11

as being transsexual, they have to dress according to the sex they are transitioning into. So there should be no confusion on anyone's part on how to refer to this person.

HRT for a trans, or t woman, is a long, drawn-out process. For us the changes are not as quick, or automatic. For example, our voice will not automatically change its pitch, as happens with the trans man. We need to exercise our voices, and in essence relearn how to talk, to sound female. That, in and of itself, can be difficult. The hormones have been known in some cases to reverse baldness. A t woman who may have had a receding hairline as a guy has a chance that on hormones that hair might fill back in. Hair on the scalp will get thicker. Due to hormones skin will soften, body hair will thin out and grow slower, within a few months her reproductive organs will be completely sterile, and the greatest thing for the woman is her breasts will begin to grow.

The earlier in a t woman's life she starts on hormones, the better. She will have less "testosterone poisoning" to overcome. I started just barely early enough to get the same size chest as my mom and sister. T women have the same requirements for surgery that a t man does; living at least a year in the "new" gender role, seeing a psychiatrist, two letters from two different psychiatrists, and a year of HRT. Both genders also need to go through the legal name change and complete wardrobe change, among other things. This all adds up to a very tidy sum of money that can be difficult for even the more well off t women.

A homeless t woman has a very rough road ahead. She is forced to pull loads of money out of thin air on a regular basis just for day-to-day living. She needs to have a good razor for her face and body.

Men just need a razor for their face, women just for the body. A t woman needs the razor for her face to be able to get all the hair, leaving no stubble behind so her face is smooth.

Then there is the seemingly unending need for a good foundation. T women NEED this to cover facial shadows, at least till they finish electrolysis or laser hair removal on their face. The foundation needs to be thick, and meet certain requirements unique to a t woman. Imagine ladies if you needed to put foundation on every day. Do you know how quickly you would go through foundation? Can you imagine the cost of this over the years? This is a necessity for these women, homeless or not.

Then what about the hormones that cost about \$100 a month out of pocket, not to mention the doctor bills required to get the prescription, and keep the hormone levels monitored?

The legal name change can cost from \$300 to \$700, and that just covers the court documents.

Some things like a name change on a passport, state ID, drivers license, or student

transcripts from every school you have attended (high school, college, trade schools, etc...), cost money too.

What about the wardrobe? Ladies, how many of you are happy with one pair of shoes, or just a small handful of outfits? A t woman has a unique need in the undergarments as well. Until the breasts grow there is a need for realistic-looking prosthesis which can easily cost hundreds of dollars. She will also need new bras that fit her properly as her breasts do grow. Then below the belt there is a little bulge that needs to be hidden even under the tightest, most form-fitting clothing. There are a few ways around this, the most expensive being a prosthetic, costing from \$150 – \$350. There is also a very special piece of underwear called a gaff (\$18 – \$25), a dance belt, or regular women's underwear

that meets certain criteria, in cut and size. Imagine if you had to do all this with no help from family, as a majority of us are cast out from our families for being who we are.

Imagine if you had no mother to tell you about things that every girl learns from her mom, about boys and changes in your body during puberty – t women experience a second puberty as their body changes. These women have to learn all this on their own through trial and error. I think that every t woman should have a "mother" to help her out with all she is going through. Unfortunately, with society as it is today, a lot of us grow up without mothers, or fathers. I encourage all my readers to find it in their hearts to open themselves up to a person who is transsexual. Even if it is just to show some much-needed love.

Fall in love again and again and again.



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